



# NEWS RELEASE

**Today's Date:** May 11, 2009  
**District:** District 4  
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## FOR IMMEDIATE RELEASE

### MAY IS BIKE TO WORK MONTH – SHARE THE ROAD!!

**OAKLAND–** The California Department of Transportation (Caltrans) supports using multimodal means of getting to work, shopping, and recreational activities. Biking is an excellent means of exercise to increase energy and reduce stress. Caltrans supports the Bay Area Bicycle Coalition during the month of May to promote May as Bike to Work Month and May 14 as Bike to Work Day. What better way to reduce traffic congestion and carbon emission than by switching from your car to a bicycle? This annual event has occurred for 15 years and Caltrans continues to encourage all local commuters to travel to work by bicycle for the month of May to help promote a healthier life and to preserve the environment.

This year four Caltrans District 4 teams have signed up for the Team Challenge that will compete in the company challenge against other large companies in the Bay Area during the month of May. The company challenge is an extension of the team challenge that encourages bicycle commuters to recruit colleagues, friends and neighbors to join the team.

On May 14 there will be over 200 Energizer Stations located along various bicycle commute routes throughout all nine Bay Area counties. The energizer stations will provide beverages and snacks to bicyclists. To encourage bicycling on May 14, Caltrans District 4 will have an Energizer Station located in front of its office located at 111 Grand Avenue in Oakland from 7 a.m. to 9 a.m. In addition, Caltrans will participate in the Bike to Work Day event held in front of Oakland City Hall; one of many events planned for the day. We encourage all who are available to come out and join us. More information can be obtained at <http://www.btwd.bayareabikes.org/calendar>.

In further support of this event, Caltrans will activate Changeable Message Signs throughout the Bay Area counties to inform the public that “May is Bike to Work Month – Share the Road” and “Bike to Work Day is May 14.”

Join the challenge and bike to Work!

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